

ABSTRACT OF THE DISCLOSURE

A golf practice and exercise device having a frame with a horizontally projecting arm spaced from a base or from the ground and from which is suspended
5 by a cord an object that may take various forms, such as similar to a standard softball, a teardrop-shaped punching bag, a body punching bag, or any other suitable form. The object is positioned with a clubhead impact surface in position for striking by the clubhead of a golf club being swung by a golfer. The impact surface is sufficiently large that a golfer need not concentrate on striking a small target as is required when
10 swinging at a golf ball. The mass of the object is sufficient to provide substantial resistance to the impact of a golf club to impose muscle strain on the golfer for muscle development, but is limited in mass to allow the head of the golf club to swing the object sufficiently for the golf clubhead to ultimately pass under the object and allow the golfer to complete the follow-through of the golf swing. In an alternate form, the
15 object to be struck rests on the ground and is attached to a flexible cord which, in turn, is attached to a spike, secured in the ground. The cord and spike provide a limit to the distance the object will move so that the device can be used in a restricted space.

20

25